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THE ONE THAT GOT AWAY

Calgary Flames goalie Karri Ramo reacts Tuesday as a puck shot by the New York Rangers' Kevin Hayes gets past him for a goal in New York. The goal stood as the only one of the game. Story, page 27. FRANK FRANKLIN II/THE ASSOCIATED PRESS

Fewer smokers being warned for puffs out of place

Education. 2014 saw only 71 warnings distributed under the city's smoking bylaw

Smoking scofflaws in Calgary appear to have been snuffed out, as the number of bylaw warnings given out since 2009 has fallen drastically.

In 2014, the number of warnings handed to smokers lighting up where they shouldn't dropped to 71, compared to 249 in 2009.

The Tobacco Reduction Act implemented in 2008 is one factor behind the significant drop, say experts, and could be beneficial to both non-smokers and those trying to kick the habit.

"It not only protects individuals who do not use tobacco products but it also provides that environment for people who use cigarettes," said Dr. Brent Friesen of Alberta Health Services.

"It decreases the number of cues for people to start smoking and to use cigarettes and reduces the number of cigarettes that they use over the course of the day."

He also explained smoke from an idling cigarette can be more harmful than smoke exhaled by a user, as toxins like carbon monoxide are released in higher quantities.

Les Hagen, executive director of the Association for Action on Smoking and Health, said the drop is a notable one and is part of a larger trend being seen across Canada.

According to Health Canada's Youth Smoking Survey 2012-2013, the number of youth who have tried smoking is at an "all-time low." Hagen said fewer people smoking in public could help reduce that number even further.

"There's no question," he said. "There's a modelling effect here, and when kids are exposed to lots of smoking, they're more likely to smoke themselves, and vice versa."

Hagen noted members of the public might also be more prone to point out a problem smoker. MORGAN MODJESKI/METRO

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Budget.
Minister warns of $7-billion shortfall

Alberta is on track for a $7-billion shortfall this year and the same next year, should oil prices hover around $50 a barrel, the provincial finance minister warned Tuesday.

But Robin Campbell deflected talk of mass teaching positions being lost, as the province is poised to push ahead with five per cent cuts to spending. When growth is factored in, the total loss to vital sectors like education and health could be nine percent.

Campbell said some economists are predicting that oil prices will rebound, while others are not. If they don't, the anticipated shortfall this year will be $7 billion, as would next year's. The 2017 financial hole could be in the $5- to $6-billion range, Campbell said.

Asked Tuesday about a prediction from Alberta Teachers' Association President Mark Ramsankar that there would be 2,500 fewer teaching positions in the province, Campbell replied, "That's his opinion."

The province actually now forecasts a $465-million surplus for the 2014-15 fiscal year, but that didn't shake Campbell from reiterating that trouble lies ahead. "It won't be easy, and there will be no one-size-fits-all solution," he said.

NDP finance critic Brian Mason said the budgetary peaks and valleys are symptomatic of a Progressive Conservative government that has promised — and failed — for years to wean Alberta's operational spending off natural resources. JEREMY NOLAIS/METRO, WITH FILES FROM THE CANADIAN PRESS

'It's about building a music community'

Rockin' 4 Dollars.
Calgary open mike for local bands turns performances into a game show

HELEN PIKE
helen.pike@metronews.ca

Matt Mosley, left, and BJ Downey are the hosts for Rockin' 4 Dollars, a Halifax-hatched idea making waves in Calgary. HELEN PIKE/METRO

The open-mike night meets the wheel of fortune — or sometimes misfortune. A new-to-Calgary event is turning heads, bringing local acts together and only charging people $3 to witness some rock 'n' roll mayhem.

It's a night not for talent but guts, as 12 bands take to the stage to play through 15-minute sets introduced by two wacky hosts. Once the performances are through, every band spins a wheel for the chance to win an array of cheeky prizes, including having their band's logo immortalized via tattoo on a band member's body.

They call it Rockin' 4 Dollars. The concept is a long-standing format borrowed from Halifax.

"It's musicians together, in a basement, playing music," co-host Matt Mosley said. "At the end of the night, everyone gets to spin the wheel, and who knows what you're going to land on."

The local hosts bring a mix of crazy and calm to the show, with Mosley dressed up in a suit and BJ Downey in his usual performance getup: a bloodied jersey and bruises for his band Hockey Fight.

Although they like to joke around, both see the night as a welcoming environment between their bursts of chaos.

"It's about building a music community — bands getting together and creating other bands … supporting each other and helping each other out in the music scene," Downey said.

Diversity

The night isn't just for punk rockers — this week the show will feature a live rap act. Sometimes people go shirtless, and sometimes people smash gear. And there's never a shortage of free hugs.

In its fourth week so far, the multi-faceted show has seen 29 bands grace the stage of Night Owl.

Although some nights feature well-known acts, most bands are slapped together the night of — which can make for some interesting performances.

With the support of their sponsors, the pair has given away $800 so far and provided free beer to thirsty acts.

Bands who want to sign up can visit facebook.com/rockin4dollarscalgary for more information.

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Friends' rigorous donair analysis making rounds

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ROBSON FLETCHER
robson.fletcher@metronews.ca

In what is almost certainly the most rigorous analysis ever done on Calgary's downtown donair scene, a trio of friends has published a research paper of sorts that has been spreading through the city's corporate culture faster than the sweet sauce can leak from the bottom of a pita.

Daniel Osiowy, Nick Graham and Sumeet Gupta spent four weeks buying, tasting and analyzing the offerings from a dozen different donair joints and compiled their findings into a 20-page PDF document filled with graphs and charts and rankings.

They distributed the document to 140 friends and colleagues last Friday and have watched as the document "spiralled" from there — being shared and re-shared by acquaintances and strangers alike.

"I've seen it go through the ranks of mid-to-upper-management levels at a bunch of different oil-and-gas companies," Osiowy said. "We know the thing has made it to Houston, New York, Toronto and London."

The analysis includes both subjective elements, like the quality of meat, vegetables, sauce, pita and customer service at each donair restaurant, as well as more objective measures.

"We would actually buy a separate donair just for testing and we'd weigh it and then we would strip the meat out of it and weigh just the meat," Gupta said.

The winner, according to the overall weighted ranking, was Pita Express (located at 435 - 4th Avenue S.W.) but the document is meant to provide "flexibility" for reader tastes.

"If you're someone who prefers size, then I think Jimmy's (at 1304 - 4th Street S.W.) is the clear winner," Gupta said.

The trio visited the proprietor of Pita Express to congratulate him, and Gupta said he was "kind of taken aback" by the whole thing.

"It's kind of weird, if you think about it," Gupta said. "We were three guys in suits coming up to him with a stack of paper. He was probably wondering: 'Who are you guys?'"

The friends plan to visit him again this Friday, as they don't believe he "fully appreciated the scale" of their work.

"The rumour is that he completely sold out of donairs (Monday), which is fantastic," Osiowy said.

Daniel Osiowy, Nick Graham and Sumeet Gupta each raise a donair in celebration of their sort-of scientific achievement. CONTRIBUTED

Quoted

"This is a true reference work for the value-oriented donair connoisseur, while at the same time remaining accessible to the novice foodie."

One reader's review of the Survey of Downtown Calgary Donairs: February 2015 research paper

Court

Man found guilty in blast that killed disabled woman

A central Alberta financial advisor has been found guilty of first-degree murder for killing his disabled client with a pipe bomb disguised as a Christmas present.

A jury convicted Brian Malley, 57, on Tuesday night in the death of Victoria Shachtay. The 23-year-old single mother died in her wheelchair when she opened a gift bag that had been left on her doorstep in Innisfail in 2011.

A jury heard evidence over the five-week trial that included how Shachtay entrusted more than half a million dollars she had been awarded in a car crash to Malley, a family friend.

However, the court was told he had lost it all and was continuing her payments by using his own money.

The Crown argued he killed her to cut his losses, but the defence countered that Malley was simply a generous guy.

"There's an easier way to cut your losses: you just stop paying," defence lawyer Bob Aloneissi told the jury in his closing address.

"Mr. Malley is being prosecuted because he cares for people — in this case, a single mom in a wheelchair."

Shachtay was paralyzed in a car crash in 2004, when she was 16 and pregnant.

THE CANADIAN PRESS

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This rendering depicts the planned look of Quesnay Wood Drive, the major north-south corridor that would run through the community to be developed on the site of a former military base in southwest Calgary. CONTRIBUTED

One last engagement for development site

Currie Barracks.
Calgarians will meet a final time to voice their concerns before city acts

ROBSON FLETCHER
robson.fletcher@metronews.ca

Calgarians will have one final chance Wednesday to weigh in on a major redevelopment of Currie Barracks, which would bring more than 10,000 residents to the former military base, before the project goes in front of the city's planning commission next month.

Anne Kaufmann, president of the Marda Loop Communities Association, said she and other area residents remain "somewhat concerned" about how such a large influx of people will impact the already tight traffic situation at Crowchild Trail's major intersections.

"Traffic already is a nightmare going through there," she said, adding the off-ramp at Flanders Avenue is easily overwhelmed during heavy periods and 33rd Avenue serves as a "cut-through" route for drivers heading to 14th Street.

The city is planning to upgrade the Flanders Avenue interchange, noted Craig Sklenar, a senior city planner, with construction set to begin later this year.

Several public consultations have been held in the past, but Sklenar said the city wanted to host a final open house on the "refined plan" before it goes to the Calgary Planning Commission on March 12 — and if approved there, to city council for a public hearing on May 11.

Canada Lands Company, the Crown corporation that owns the land, will also have staff at the open house, said Doug Cassidy, vice-president of western real estate.

Cassidy said the plan is to have initial work begin this summer along the Flanders Avenue commercial corridor, with retail shops expected to open in late 2017 or early 2018 and the first multi-family residential developments to be occupied "shortly before that."

The open house runs from 5 to 8 p.m. in the Athlone Hall Auditorium at the Clear Water Academy, 4041 Breskens Dr. S.W.

Project details

The residential development would create about 5,200 single units, apartments and condos, as well as space for:

- **Retail.** About 245,000 square feet of mixed-use retail space
- **Commercial.** The complex would also provide 750,000 square feet of office space.
- **Municipal reserve.** Approximately 9.67 hectares of open space

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Crime. Man dropped off at Calgary hospital victim of home invasion, police say

Calgary RCMP are looking for help from the public after a 67-year-old man dying from gunshot wounds was dropped off outside the Peter Lougheed Hospital in Calgary.

Calgary police were called to the hospital at 2:30 a.m. on Feb. 23. The victim, who has not been identified, would later die as a result of his injuries.

On Tuesday, RCMP said the deceased was involved in a home invasion, where three masked men forced their way into a rural property near Township Road 303 and Range Road 35 near Carstairs, Alta.

"We believe that it's not a random attack," said RCMP spokeswoman Cpl. Sharon Franks. "What we're actually trying to do at the moment is determine what the relationship is with this man and that property."

Franks said there are a number of questions around the case and RCMP are now seeking more information.

"We are asking for the public's assistance on a few things," she said.

"No. 1 is determining who may have dropped him off at the hospital, and certainly we're asking for assistance to help identify who the three suspects are."

Members of the Calgary police homicide unit are now working with RCMP major crimes on the case.

An autopsy and a search of the property were scheduled for Tuesday. METRO

Quoted

"No. 1 is determining who may have dropped him off at the hospital, and certainly we're asking for assistance to help identify who the three suspects are."

Cpl. Sharon Franks, RCMP spokeswoman

Calgary photographer captures rocket re-entry

Space. NASA officials say fireball was debris from a Chinese rocket

MORGAN MODJESKI
morgan.modjeski@metronews.ca

A Calgary photographer has never been so happy to see pieces of space debris hurtling toward Earth, as the out-of-this-world action made for an amazing photo.

Neil Zeller was shooting photos of the night sky west of Calgary on Monday night when several fireballs passing across the sky grabbed his attention.

"I spun my camera around and started shooting," said Zeller.

"For 40 seconds, this light streaked across the sky, and it wasn't one light, it wasn't like a fireball; it was many fireballs, like a dozen of them.... It was very slow-moving and it was just a crazy sight."

This photo, captured by local photographer Neil Zeller, reportedly shows the re-entry of a Chinese rocket that launched the Yaogan Weixing-26 satellite in 2014. COURTESY NEIL ZELLER

The fast-acting photographer managed to get four shots of the fireball, which was originally thought to be a meteorite.

"When it was all over with and I kind of figured out what happened, I was pretty ecstatic," Zeller said.

Officials with NASA said Tuesday the fireball was debris from a Chinese rocket re-entering Earth's atmosphere.

NASA spokesman Dwayne Brown said the space agency will be posting more information about the incident on its website.

Utah media outlet KSL-TV was told by Patrick Wiggins, NASA/JPL solar-system ambassador, that the debris was from a rocket body used in the launch of the Yaogan Weixing-26 satellite in 2014.

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Crime. Police seeking assistance in identifying Bank of Montreal robber

Calgary police are looking for information on the perpetrator of a northeast bank robbery.
COURTESY CALGARY POLICE

The Calgary Police Service is asking for the public's help in locating a man responsible for a bank robbery in April 2014.

According to a release from police, the crime took place in the 2500 block of 32nd Street N.E. at around 10 a.m. on April 7.

Police say the man entered a Bank of Montreal branch, approached a teller and produced a robbery note demanding money.

No one was injured during the robbery, and police say the man made off with an undisclosed amount of cash.

Police describe the man as 35 to 45 years old, standing roughly five foot nine, with a medium build and a tanned complexion.

At the time of the robbery, he was wearing a dark track jacket with white stripes down the sleeves, dark pants, dark shoes, reflective sunglasses and a baseball hat.

Police are asking anyone with information to contact them at 1-403-428-8787 or Crime Stoppers. METRO

Sentencing

Ex-soldier gets 4 years for planned attack on office

A former soldier who was planning to attack a Veterans Affairs office in Calgary has been sentenced to four years in prison.

Glen Gieschen, 45, is getting 18 months of credit.

He pleaded guilty in November to possession of a firearm, possession of a prohibited weapon and possession of a weapon.

Court heard that police had recovered possible bomb-making materials and found a plan to attack federal offices in a Calgary skyscraper when they arrested Gieschen in January 2014.

Gieschen had a beef with the military over coverage for his multiple sclerosis, which he believed was caused by a flu shot he received while in the military.

He was arrested after his wife called police because she was concerned that he might be suicidal.
THE CANADIAN PRESS

Seventeen-year-old Lorraine Blight attends the "Who's Frank?" anti-bullying campaign at Centennial High School on Tuesday. She said she's glad to see people talk about the issue so openly. JENNIFER FRIESEN/FOR METRO

Frank talk on youth bullying

Education. Second 'Who's Frank?' campaign raises awareness of role social media plays in bullying

When Lorraine Blight, 17, walked through the halls of Centennial High School last year, her fear was always following closely behind.

For months, she'd been reading insults written about her on Twitter. She recalls feeling helpless, thinking there was no escape.

"With Twitter, everyone sees it, so whether or not I choose to look at it, I'll still hear about it," she said.

On Tuesday morning, Blight joined 1,500 students from her high school in an anti-bullying campaign through Mount Royal University and the Calgary Board of Education called "Who's Frank?"

"Frank" is a pink elephant meant to highlight bullying as the "elephant in the classroom."

Following a presentation by guest speaker Phil Boyte, members of the Calgary police discussed cyberbullying.

Matt Christison, principal at Centennial, said he's seen an increase in bullying via social media and thinks it's a "powerful force" for harassment.

Often, kids are looking for a reaction with insults, he said, but with social media they don't see that same reaction, causing them to "escalate it and engage in things that are just absolutely horrendous in order to get some kind of reaction."

For Blight, the campaign's comments on cyberbullying hit close to home. She eventually told friends and family about the harassment and things began to change, but she said it will take a long time to rebuild her confidence.

"It's good that we're talking about it now because I think everyone's been there," said Blight. "It does help to talk about it."
JENNIFER FRIESEN/FOR METRO

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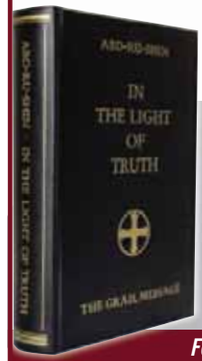

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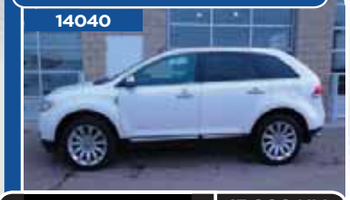

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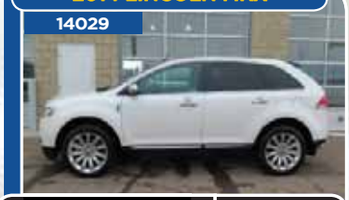

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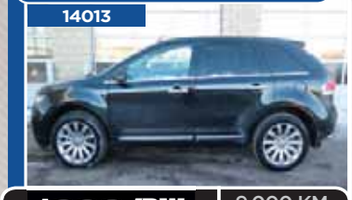

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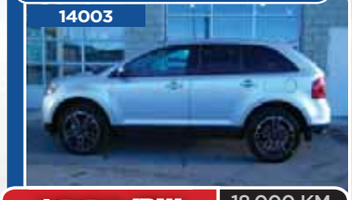
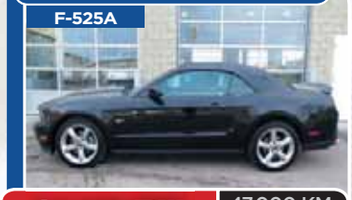
2014 FORD EDGE SPORT — 14003



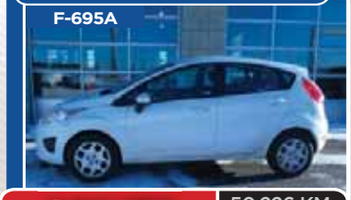
$231/BW | 18,000 KM | $32,477 | LEATHER • NAV • SUNROOF

2010 MUSTANG CONVERTIBLE — F-525A



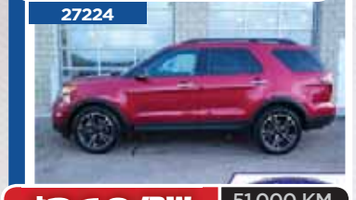
$167/BW | 47,000 KM | $20,577

2011 FORD FIESTA SE — F-695A



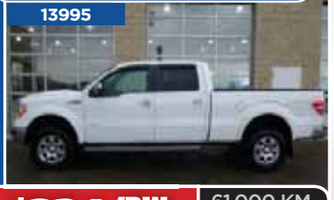
$81/BW | 50,226 KM | $9,998 | AUTO • A/C

2013 FORD EXPLORER SPORT — 27224



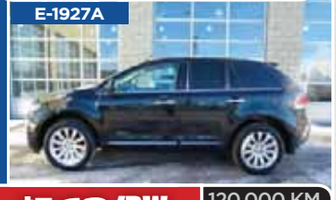
$269/BW | 51,000 KM | $39,995 | ECOBOOST • NAV • DVD

2012 F150 LARIAT 4X4 — 13995



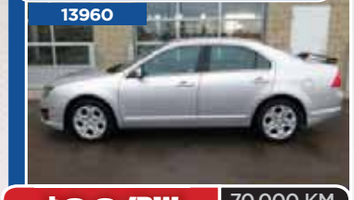
$234/BW | 61,000 KM | $32,977

2011 LINCOLN MKX AWD — E-1927A



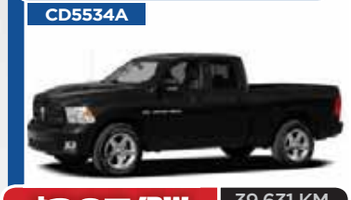
$162/BW | 120,000 KM | $22,777 | NAV • LEATHER

2011 FORD FUSION — 13960



$99/BW | 70,000 KM | $11,977 | ECOBOOST • NAV

2012 RAM 1500 SPORT 4X4 — CD5534A



$207/BW | 39,631 KM | $28,988 | HEMI • LEATHER

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Obama's Keystone veto not final word

Pipeline dispute.
Congress passed a bill earlier this month forcing approval of the project

U.S. President Barack Obama made good Tuesday on a threat to veto a bill that would approve the Keystone XL pipeline, bringing the two sides in the long-running controversy to a rare point of agreement: their battle is far from over.

"The president's veto of the Keystone jobs bill is a national embarrassment," said the top Republican in the House of Representatives, John Boehner.

"We are not going to give up in our efforts to get this pipeline built — not even close."

The issue is about to play out on two fronts. One is a major presidential regulatory decision, and the other, as suggested by Boehner, likely involves future clashes with Congress.

The Canadian government echoed that theme: "It is not a question of if this project will be approved, it is a matter of when," said a statement from Natural Resources Minister Greg Rickford.

"We will continue to strongly advocate for this job-creating project."

Even the White House concurred that the issue is far from settled. It pointed out that Tuesday's announcement was a step in a long, winding process — not a final destination.

The president cast the veto as a matter of procedural principle. In his letter to Congress, Obama said the bill he was scrapping had improperly tried to usurp presidential authority.

The White House position is that cross-border pipeline permits are a matter for the president to decide — not Congress, which passed a bill earlier this month forcing the approval of the project.

That bill was delivered to the president Tuesday, and he vetoed it on the very first available day. THE CANADIAN PRESS

Toronto police ask public to help solve the tunnel mystery

"If you built a tunnel near Rexall Centre in Toronto give us a call, k?" The tweet from a Toronto police officer followed a call from authorities for the public's help in solving the mystery of an underground chamber discovered last month. Police photos show the site, entrance and underground construction of the tunnel found near one of the venues for this year's Pan American Games. The tunnel, discovered in January by a conservation officer in a densely wooded area, is located 25 metres from the fence of the Rexall Centre, which is to host tennis events for the summer Games. But while the investigation is still ongoing, police emphasized that the structure wasn't currently thought to pose a public-safety threat. THE CANADIAN PRESS

First Nations. School pilot project shows good results

Former prime minister Paul Martin said a "remarkable" pilot program for reading and writing at two First Nations elementary schools should be rolled out across Canada.

On Tuesday, Martin announced results from a four-year literacy program at Walpole Island and Kettle and Stony Point First Nations in Ontario that showed students were well behind provincial reading and writing standards when the study began in 2010. THE CANADIAN PRESS

Anti-terror bill. Harper calls for swift passage

Prime Minister Stephen Harper is urging a House of Commons committee to study the government's anti-terror bill as quickly as possible, in spite of accusations the Conservatives are using their majority to rush the legislation onto the books.

NDP Leader Tom Mulcair told the Commons on Tuesday it is essential to scrutinize the bill and asked Harper to ensure that security and human-rights experts are not only heard but also heeded. THE CANADIAN PRESS

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ISIL abducts more than 70 Assyrian villagers

Syria. Of those taken by the militant group, the majority were women and children, while thousands fled to nearby cities

Militants from the Islamic State of Iraq and the Levant (ISIL) struck before dawn, staging house-to-house raids in a cluster of villages nestled along the Khabur River in northeastern Syria. They abducted at least 70 Christians — many of them women and children — while thousands of others fled to safer areas.

The captives' fate was unclear Tuesday, a day after they were seized, and relatives said mobile phone service was cut off and land lines also were not going through, adding to the fear and uncertainty about their loved ones.

ISIL has a history of killing captives, including foreign journalists, Syrian soldiers and Kurdish militiamen. Most recently, militants in Libya affiliated with the group released a video showing the beheading of 21 Egyptian Christians.

The group's bloody campaign in Syria and Iraq, where it seeks to form a self-styled caliphate, has repeatedly targeted religious minorities since it took control of a third of both countries. A U.S.-led coalition of regional partners are conducting a campaign of airstrikes against the group.

Nuri Kino, the head of a group called A Demand For Action, said between 70 and 100 Assyrians were taken captive. About 3,000 people fled and have sought refuge in the cities of Hassakeh and Qamishli, he said.

"Have they been slaughtered? Are they still alive? We're searching for any news,'' said an Assyrian Christian woman from Tal Shamiram, where most captives were taken from. Others were abducted from nearby Tal Hurmiz.

"I feel so helpless, I cannot do anything for them but pray," she said.

The Assyrian Network for Human Rights in Syria said on its Facebook page that the militants had moved the captives to the village of Umm al-Masamir on Mount Abdulaziz, some 25 kilometres south of Tal Shamiram. That raised fears, the network said, that ISIL could use them as human shields against Kurdish militiamen, an effective foe against the group. THE ASSOCIATED PRESS

Quoted

"I feel so helpless, I cannot do anything for them but pray."

An undentified Assyrian Christian woman from Tal Shamiram, one of the villages attacked by ISIL. She's been unable to contact either her parents or her brother.

Ukraine disputes rebels' pullback claims

A bus drives by a convoy transporting artillery pieces outside the city of Donetsk, Ukraine, on Tuesday. Howitzers were seen moving east from the largest rebel-held city in eastern Ukraine further into separatist-controlled territory, but the Ukrainian government disputed the rebels' claim that a heavy-weapons pullback had begun. Heavy weapons are to be pulled back 25 to 70 kilometres from the front line, depending on their calibre, in accordance with a peace plan agreed upon on Feb. 12. VADIM GHIRDA/THE ASSOCIATED PRESS

Iraq

Baghdad bombing kills 40, injures dozens more

A series of bombings in Iraq, including twin blasts in a busy street in a Baghdad suburb, killed at least 40 people and wounded dozens on Tuesday, Iraqi officials said.

The deadliest of the day's attacks came shortly before sunset, when a bomb exploded in Baghdad's southeastern suburb of Jisr Diyala. Minutes later, a car bomb went off near the site of the first blast as people started gathering to help the victims of the initial explosion. THE ASSOCIATED PRESS

Nigeria

Suicide bombers strike bus stations

Teenage suicide bombers, suspected to be Boko Haram extremists, killed at least 24 people in separate blasts Tuesday at crowded bus stations in two northern Nigerian cities. THE ASSOCIATED PRESS

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Canadian firm wants ‘robot in every company’

Technology. Kitchener, Ont.-based Clearpath Robotics rolling out robots to automate ‘dullest, dirtiest and deadliest’ jobs

Inside the headquarters of Clearpath Robotics, a robot revolution is underway.

Where a receptionist would have once welcomed your arrival, there’s now a little robot named Glados hanging from the ceiling above a vacant table. It scans the waiting room to detect movement and offer its greeting.

It’s a glimpse of how co-founder and chief executive Matt Rendall envisions the future, as robots change the way people live and work.

“Before the home, our vision is ‘a robot in every company and every job site,’” he said. “There are still so many jobs that humans are not well-suited to do.”

A recent study from the Boston Consulting Group shows that investment in industrial robots will grow 10 per cent per year in the world’s 25 biggest export nations, through 2025.

Companies will be motivated by how cost-effective and efficient robots are compared to the human workforce, the study said. It’s estimated that labour expenses can be reduced by 24 per cent in Canada, and cut even further in regions like South Korea and Japan. Rendall believes that’s where Clearpath comes in, as it rolls out a fleet of robots for jobs spanning industries like manufacturing, agriculture and the military.

THE CANADIAN PRESS

A Husky robot, left, and a Jackal robot are seen at the Clearpath Robotics warehouse in Kitchener, Ont. THE CANADIAN PRESS

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TFSA. Two studies warn against increasing limits

Two studies on tax-free savings accounts sound alarm bells about their long-term fiscal impact, if the Conservative government keeps a 2011 campaign promise to allow people to park almost twice as much money in the popular savings vehicles.

The report from the left-leaning Broadbent Institute says a pledge to up the TFSA contribution limit to $10,000 from the current $5,500 would ultimately cost billions in lost tax revenue while primarily lining the pockets of the wealthy. The report says the majority of Canadians would bear the burden of reduced public services or higher taxes to offset the lost revenues.

The study was written by Jonathan Rhys Kesselman, an economist whose research on tax-free savings laid the groundwork for the government’s initial introduction of TFSAs in 2009.

The parliamentary budget office also weighed in Tuesday on TFSAs, calling them regressive. The impact on public finances in the early years is relatively minimal, Mostafa Askari, assistant parliamentary budget officer, told a media briefing on the PBO report. But by 2080, costs will increase tenfold, reaching 0.57 per cent of GDP.

THE CANADIAN PRESS

Market Minute

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VOICES

RINK RAGE NEEDS TO BE STOPPED

The Vancouver Island Amateur Hockey Association finally got so sick of the bad behaviour of some parents, it banned eight of them from watching their kids' games. It would be nice if this didn't have to happen, but if Lord of the Flies taught us anything, it's that the only way to stop bullies is, y'know, to stop them

PAUL SULLIVAN
readers@metronews.ca

Call it rink rage.

It's the situation where otherwise civilized, middle-aged parents melt down over a call by the referee at their son's or daughter's hockey game.

Maybe we've even been tempted to lay a little rink rage on the referee ourselves. Because for a long time, it's been a free shot.

It doesn't seem to matter that it's only a kids' game that is supposed to be fun. (Fun is for losers!) Or that the referees are often only kids themselves who are still learning and have never heard anything like the, um, colourful language coming from behind the glass:

"There's no F!@#$% way that was (A) a goal, (B) offside, (C) interference, (D) icing, (E) all of the above, and it's time to let that stupid F!@#$% idiot have a piece of my mind."

The Vancouver Island Amateur Hockey Association has finally run out of patience with this nonsense, and this past weekend banned eight parents from attending their kids' games. It then added a fine for any coaches who dispute the ref's call.

Big babies

An entire generation has learned it's not necessary to grow up — and it's wreaking havoc down at the rink

Twenty referees on the Island have quit this season, citing an overdose of parental abuse. They're tired of being assaulted, cornered in dark parking lots, spit upon and showered with hot coffee, all for the less-than-50-bucks they get for calling a game.

It's just as bad (or worse) next door in Alberta, where 35 per cent of the approximate 5,000 amateur hockey referees quit after every season, vowing never to call another game.

So far in Alberta this year, there have been 15 match penalties — after players, egged on by their testosterone-fuelled dads (and moms.... This is equal-opportunity bad behaviour) went after the refs.

Watch the video of the overgrown baby in Pennsylvania who protested a call on the ice by smashing a panel of tempered glass with his fist, and you'll see what I mean. And he's hardly the worst. At least he's taking it out on an inanimate object.

There was a time, perhaps, when grown-ups could be counted on to behave. That's when there were grown-ups.

An entire generation has learned it's not necessary to grow up — and it's wreaking havoc down at the rink where people actually think it's their right to take things out on the refs. Free speech or something.

So should more hockey organizations follow in Vancouver Island's steps and ban unruly spectators?

Uh, yeah!

An ugly truth about human nature is that if people aren't held accountable, they seem capable of doing just about anything (see: Lord of the Flies).

Bullies are made bold by the knowledge that they have nothing to fear. As soon as they have something to fear, they aren't bullies any more.

How about that?

Confessions of a former Mean Girl on Pink Shirt Day

KRISTEN THOMPSON
readers@metronews.ca

While it's a sign of conformity in Mean Girls, in real life Pink Shirt Day is a symbol of solidarity against the very bullying that Regina George et al were guilty of in the movie. SCREENGRAB

It's Pink Shirt Day in Canada — a national day to raise awareness about bullying — so let's talk.

Bullying education has come a long way since I was a kid. Students today learn that bullying takes many forms, from the physical to emotional, and they're taught to recognize and address these various forms of abuse.

It's a conversation we need to keep having, as it's easy for children — and adults — to ignore the types of bullying that don't leave bruises.

When I was in elementary school (scrunchies were the fashion accessory of choice, if that gives you context), bullying wasn't something we really talked about. At least not the sly Mean Girls-style bullying, of which I was both a victim and a perpetrator.

A part of me knew I was being hurtful when I joined my friends in randomly mocking or ignoring a classmate for a week. But it didn't occur to me until adulthood that I was as much a bully as the boys who pushed little kids down in the playground.

Today, the root of my guilt lies in how I behaved in the seventh grade to one of my best friends, whom we'll call "Melissa."

Melissa and I were inseparable for a couple years before having a falling out. I don't remember why or how it started.

What I do remember is leaving nasty notes about her in her textbooks, hoping she'd find them when she went to do homework. I remember whispering about her to other girls and loudly exclaiming that so-and-so was my "new best friend." I don't remember feeling like I was doing anything wrong.

I ran into Melissa a couple times as a teenager — once at a party, where she told me I was the reason she changed schools in Grade 8. I saw her again at Christmas Eve Mass a few years later. I shyly waved hello and reintroduced myself to her mother, who was polite but curt (and rightly so).

I've typed her name into Facebook a couple times in recent years and found her profile. I even went so far as to draft apology messages but deleted them before pressing "send."

Melissa's not on Facebook anymore, at least not under her given name, and I don't know where to find her to let her know I'm sorry.

I wonder how many other women have grown up to realize that behaviour they thought was a normal part of school life was damaging to their peers?

Pink Shirt Day is changing the school environment for a generation of girls (and boys), and for the better. My daughter will be better informed and better armed to combat bullying than I was.

I may not be able to atone for how I treated Melissa but I can be sure to teach my own daughter that bullying involves much more than throwing punches.

metro

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Red-carpet fashion critique, or racial slur? Zendaya weighs in

Zendaya Coleman

ALL PHOTOS GETTY IMAGES

OK, two things: One, Disney star Zendaya Coleman looks amazing. And two, Fashion Police pundit Giuliana Rancic is not a very good comedian. While critiquing looks from the Oscars red carpet, Rancic had this to say about Coleman's long, luxurious dreadlocks: "This hair, to me, overwhelms her. I feel like she smells like patchouli oil. Or weed! Yeah, maybe weed?" Yikes.

Well, naturally, Coleman wasn't too pleased, and she registered her displeasure in a lengthy and well-reasoned rebuttal on Twitter. "There is a fine line between what is funny and disrespectful. Someone said something about my hair at the Oscars that left me in awe," Coleman wrote.

"Not because I was relishing in rave outfit reviews, but because I was hit with ignorant slurs and pure disrespect. To say that an 18-year-old young woman with locs must smell of patchouli oil or 'weed' is not only a large stereotype but outrageously offensive. I don't usually feel the need to respond to negative things but certain remarks cannot go unchecked." She then went on to point out numerous other notable people who don dreadlocks.

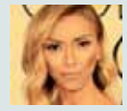
Rancic, for her part, tweeted that she was totally not referencing race but instead was making fun of bohemians. But man, what did bohemians ever do to her?

Quoted

"To say that an 18-year-old young woman with locs must smell of patchouli oil or 'weed' is not only a large stereotype but outrageously offensive."

Zendaya Coleman

Twitter



@GiulianaRancic
Dear @Zendaya, I'm sorry I offended you and others. I was referring to a bohemian chic look. Had NOTHING to do with race and NEVER would!!!

Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Chris Brown's run for the border is denied

The "good people of the Canadian government" turned singer and felon Chris Brown away at the Canadian border Tuesday, forcing the cancellation of his scheduled shows in Toronto and Montreal.

"The good people of the Canadian government wouldn't allow me entry. I'll be back this summer and will hopefully see all my Canadian fans!" Brown tweeted. "Unfortunately I will not be able to perform in front of sold out crowds in Montreal & Toronto."

The tour promoter, Live Nation, confirmed that the Between the Sheets Tour dates featuring Chris Brown, Trey Songz & Tyga at the Bell Centre in Montreal scheduled for Tuesday, and at the Air Canada Center in Toronto scheduled for Wednesday were cancelled "due to immigration issues."

Refunds will be available at the point of purchase, a spokesperson said.

Brown pleaded guilty to the assault of his then-girlfriend R&B star Rihanna in 2009. While still on probation, he assaulted a man outside of a Washington, D.C. hotel in 2013. He pleaded guilty to the assault of that man, Parker Isaac Adams, last September.

According to Citizenship and Immigration Canada (CIC), people with criminal convictions for various offences, including assault, can be deemed "criminally inadmissible" from entering Canada and denied entry. Convicted felons can appeal to a border guard that they have been rehabilitated or apply through a formal process to prove they have been rehabilitated in order to be let into the country, according to CIC. Their success depends on the severity of the crime, the time that has passed and if they have re-offended.

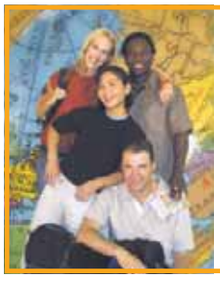
Chris Brown

JESSICA SMITH CROSS/ METRO IN TORONTO

Will Vogue finally nab Kate for its September issue?

As is common knowledge, the September issue of Vogue is a very big deal. Possibly the biggest deal in the fashion bible's year. So it's probably not that surprising that Anna Wintour has set her sights on Kate Middleton for the cover this year. "In the digital age, there is even more pressure to deliver huge sales numbers. Anna knows landing Kate for the September issue would be a huge coup, especially since Prince William's wife has never done a magazine feature for a U.S. publication," a source tells Radar Online. "Anna has been trying for the last two years to get Kate to agree, and she's always refused. But this time, Anna has stepped up the campaign and is now enlisting her numerous high-powered connections." So, you know, stay tuned.

The Duchess of Cambridge



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To: DON TROTCHIE
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This time around, Perry plays the slob

Television. Did you think that the ex-Friend would be the uptight half of The Odd Couple? You're not the only one

Matthew Perry knows that, given his history on Friends and elsewhere, everyone was expecting him to play the persnickety Felix Unger on the new version of the The Odd Couple, but he swears he's better suited for his role as the slovenly Oscar Madison.

Maybe you don't need much convincing, since the debut episode was the most-watched new series premiere this season, with 13.6 million viewers. Just in case, though, he's got some compelling reasons for giving the reboot a shot.

Because he's a diehard fan of the original — and then some

"I was such a big fan of the movie that I know the movie by heart and I loved the TV show as well, but mostly the movie is what really drove me to want to play Oscar. I co-wrote the pilot and it was difficult to not just put every line from the movie in the script. And one of the biggest laughs in our first episode is a line directly from the movie. I say, 'You leave little notes for me: We're out of corn flakes, FU, We're out of socks, FU. It took me two days to figure out that FU was Felix Unger.' That line is in the pilot."

Because it's OK to wonder why Matt LeBlanc isn't in it

"We've already done that — and Matt LeBlanc would be an Oscar, too, and I'm playing Oscar. People, when they heard I was doing The Odd Couple, they thought I would play Felix, I think because Chandler was more of a Felix-type character. I think when you are on a show for as long as I was, people do have a certain expectation, and it's your job to go away from that a little bit. This character of Oscar is very different than Chandler."

Actor Thomas Lennon and actor-executive producer Matthew Perry will co-star in CBS's The Odd Couple, a reboot that has been modernized to reflect issues facing single guys in their 40s. FREDERICK M. BROWN/GETTY IMAGES/FILE

Because why mess with a classic formula?

"It's been 30 or 40 years since the show has been on, and it's such a fun character to play and the dynamic of two guys who have to live together who drive each other crazy is just a perfect sitcom dynamic. And playing Oscar Madison is a dream come true. We've modernized the show so it's more modern-day and dealing with relationships and two guys in their 40s trying to date and being single out there."

NED EHRBAR/METRO IN HOLLYWOOD

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Music. Arcade Fire member rallies for Greece in new song

Will Butler GETTY IMAGES FILE

As Greece's new government fights to turn the page on harsh austerity measures, it's receiving support from an unexpected source — Will Butler of indie rock band Arcade Fire.

Butler released a song entitled Clean Monday, named for the start of the Greek Orthodox period of Lent, which took place this week as Greece was drawing up a list of reforms in return for a bailout extension.

To synthesized strings, piano and a catchy bass line, Butler sings, "Take your robe off / Take out your thumbs / It's just about some money loss."

"You know we're not scared / Of what could happen / If you leave us standing on our feet," he sings.

Butler debuted the song for The Guardian as part of a project to write a song each day based on the headlines in the British newspaper.

Butler, writing in the newspaper, said he liked the youthfulness of Greece's new left-leaning government and Finance Minister Yanis Varoufakis, a professor-turned-politician who is negotiating with creditors and Germany, which has championed a hard line over Greece's economic crisis.

"I'm rooting for Greece," Butler wrote. "I mean, broadly, who the hell isn't rooting for Greece? Even if you're super right-wing, or super German, or super capitalist you probably don't want Greece tumbling out of the euro and defaulting on its debts," he wrote.

Butler, who is known for his skill at multiple instruments, was raised in Texas before joining his brother, lead singer Win Butler, in Montreal-based Arcade Fire. AFP

Television

Modern Family episode occurs on computer screen

How to keep the "modern" in Modern Family in its sixth season? Create an episode that plays out completely on a computer and in the realm of social media. That's what's in store on Wednesday's Connection Lost episode, which revolves around Claire Dunphy's (Julie Bowen) frantic effort to locate daughter Haley (Sarah Hyland) after they squabble.

Other than a few scenes shot with the MacBook Pro, the episode was captured entirely with iPhone 6s and iPads, series co-creator and executive producer Steve Levitan said.

He said the upcoming episode involved no product-placement compensation to Apple and resulted from an epiphany he had during an online experience involving one of his college-age daughters. "I had emails open, some websites... then my daughter showed up" on FaceTime, he recounted. "I could not only see her, but I could see me, and there was something going on behind me, my wife or somebody ... I realized on that screen, you could tell so much about my life." THE ASSOCIATED PRESS

A scene from Modern Family. TWENTIETH CENTURY FOX TELEVISION

Jacob Hoggard of Hedley is used to performing at awards shows, but at next month's Junos he'll be taking on a new role as host. GETTY IMAGES

Hoggard stoked for Junos

Music. Hedley singer Jacob Hoggard ready to send up his peers as host of awards show

When Hedley's Jacob Hoggard takes the stage to host this year's Juno Awards, he hopes to channel some of the irreverent wit flaunted by two-time MC Russell Peters.

Some, but not all, perhaps. Hoggard needs to maintain friendships in the Canadian music industry, whereas Peters was comfortable to gleefully skewer it.

"I thought Russell killed it — he's such a natural onstage. I think more than anything else I'm envious of his comedic licence to just cut everybody to shreds," said Hoggard, who was announced as Junos host on Tuesday morning.

"I'm a little jealous of that. I probably can't treat my peer group the same. But there's always room for a sideways remark.

"Ultimately," he added, "I'm holding the microphone and it's live. So if I truly feel like it, I can exact judgment."

Reggae-infused Toronto pop outfit Magic! leads with five nominations heading into the March 15 bash at Hamilton's FirstOntario Centre, while Montreal's dark poet Leonard Cohen and Calgary dance breakout Kiesza charge in with four nominations apiece.

As Hoggard familiarized himself with the list of nominees, however, he emphasized that there would be no way to anticipate the evening's storyline.

"If there was ever an episode that Unsolved Mysteries hasn't done, it would be on the Junos — because it's one of the most enigmatic processes we've experienced as far as who wins, and why, and how," said Hoggard, whose band has now been nominated 29 times — including three times this year — and won only twice.

"There's always surprises and you never know why, ultimately. But I think that's what's exciting about it.

Also performing

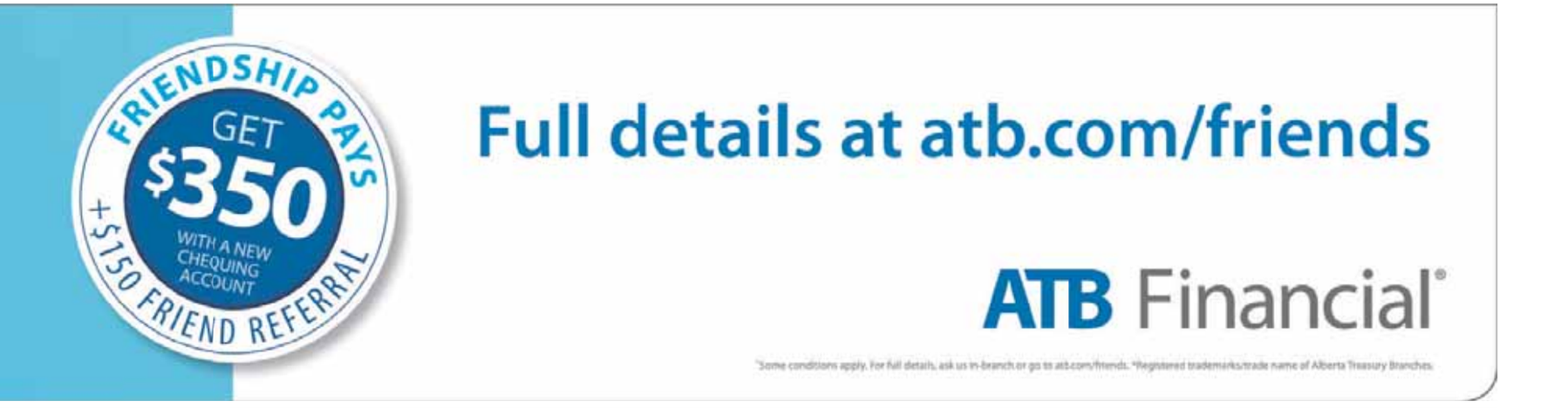
Hedley will also perform during the Junos telecast, along with dance producer Deadmau5, Magic! and hometown rockers Arkells.

"Throughout the whole music business, no one has a ... clue what's going to happen."

This is one of several instances where Hoggard punctuates his point with profanity. Given that the Junos are broadcast live in parts of the country (on CTV), does he expect nervous producers will keep a finger on the delay?

"Interestingly enough, it's not my first foray in live television working with these exact same producers — they're the producers who put on Canadian Idol," said Hoggard, who finished in third place on the reality singing competition's second season.

"They were in the room when I first walked in 10 years ago, so we have a great rapport ... In one respect, it's sort of a very full-circle sort of thing for me." THE CANADIAN PRESS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Cable television

Jeanne Beker joins Shopping Channel

Jeanne Beker GETTY IMAGES

Fashion guru Jeanne Beker is taking on a new position as style editor at The Shopping Channel.

Rogers Media says the former Fashion Television personality will also host The Shopping Channel's new live show, Style Matters with Jeanne Beker.

The program will feature everything from her personal style to accessories and home decor.

It will premiere on March 12 at 8 p.m. ET on TSC and tsc.ca, as well as the ShopTSC mobile app for iPhone and Android.

THE CANADIAN PRESS

Reality TV

Former Dragon takes up Dancing

Robert Herjavec is going from the Den to the dance floor.

The Canadian-raised former Dragons' Den and current Shark Tank personality has joined the 20th season of Dancing With the Stars.

The entrepreneur was featured in six seasons of Dragons' Den — for which he won three Gemini Awards — and has starred in all six seasons of its American counterpart, Shark Tank.

His partner on Dancing With the Stars will be Australian ballroom dancer Kym Johnson.

The new season premieres March 16 on ABC.

THE CANADIAN PRESS

From kissing Kelly to Better Call Saul

For a certain segment of the TV-viewing audience, Patrick Fabian is best known as the guy who romanced Kelly Kapowski on Saved by the Bell: The College Years.

Now that he's logged a few episodes as a smarmy lawyer on the Breaking Bad spinoff Better Call Saul, Fabian says he's ready to finally shake that long-ago role.

"When I got the job, actually a friend of mine texted me and he said, "Hey, maybe 'he kissed Kelly Kapowski on Saved by the Bell' will no longer be on your tombstone," Fabian chuckles during a recent phone interview from Los Angeles.

Fabian's Better Call Saul turn as Howard Hamlin follows dozens of mostly guest appearances and supporting roles all over the dial, from The Newsroom to Scandal to Castle to 24.

He gushes over his current role as a hotshot lawyer on the quirky AMC series, which traces the origins of Breaking Bad strip mall lawyer Saul Goodman, played by Bob Odenkirk, to when he was known as struggling public defender Jimmy McGill.

Monday's episode racheted up the tension between Jimmy and Hamelin. Jimmy erected a highway billboard advertising his floundering legal services, while also aping Hamelin's blue-chip firm.

A fuming Hamelin is on a mission to put Jimmy in his place, and Fabian hints that could lead to more clashes between the two lawyers.

"He didn't get to be the head of a 125-employee top white-collar law firm in Albuquerque by being nice the whole way," Fabian notes of his sun-kissed character.

Better Call Saul airs Mondays.

THE CANADIAN PRESS

Patrick Fabian stars in AMC's Breaking Bad spinoff, Better Call Saul. GETTY IMAGES

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1. Best unusual beach: Red Beach, Santorini, Greece
2. Best family beach: Seaside, Fla.
3. Best beach for adventure: Praia do Futuro, Fortaleza, Brazil
4. Best beach boardwalks: Coney Island, N.Y.
5. Best party beach: La Barra, Punta del Este, Uruguay
6. Best exotic beach: Ilhabela, Brazil
7. Best beach bar: VICE also known as Nissakia Surf Club, Artemida, Greece

List. Swimsuit models, kitesurfers and other beach bums have curated this winter's most critical guide

Best party beach: Punta del Este in Uruguay. ISTOCK

Best unusual beach: Red Beach in Santorini, Greece. ISTOCK

A panel of 'beach experts' that includes a Sports Illustrated Swimsuit model and professional kitesurfer has helped determine a list of the world's best beaches for families, romance and people watching.

With most of Canada in the throes of a deep freeze, the Travel Channel has released the results of its annual Best Beach Awards 2015 just in time to offer the winter-weary a virtual, seaside escape ahead of spring break.

For those shopping for an adults-only beach that offers a pulsing nightlife and teeny polka-dot bikinis, head to Miami, Fla., which snagged the title of sexiest beach.

"Soft sand, beautiful warm water, interesting people, volleyball and fun spots to go to for a bite or a beverage nearby," says swimsuit model Nina Agdal. Another plus? "... it's acceptable to wear tiny bikinis."

Couples seeking a romantic, tropical escapade may want to head to Little Dix Bay in the British Virgin Islands, which was named the most romantic beach for its hidden coves, luxurious resorts, and "barefoot elegance."

And for sun-seekers looking for a beach destination that's far from the madding crowds, consider the best beach you've never heard of, Lake Atitlan in Guatemala, suggests Travel Channel.

As the deepest lake in Central America, Lake Atitlan is located in the highlands of Guatemala in a volcanic crater and has been called one of the most beautiful lakes in the world.

"Nestled in the valley of three volcanoes (one of them still active), you'll not only take in peaceful volcanic views, but also absorb the vibrant pink, yellow and blue colours of the surrounding vegetation." AFP

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Affordable alternatives for a fun-filled March Break

Family holidays. Try these close-to-home quick getaways

ON THE MOVE
Loren Christie
life@metronews.ca

If a sun or ski vacation is not in the family plans this March Break, there are plenty of affordable options closer to home that will ensure your kid's break is a happy one.

Toronto's Le Dolci foodie studio is offering a culinary day camp between March 16 and March 20, which will allow your young chef to experiment and test his or her skills in the kitchen. Everything from marshmallows and truffles to crepes and pies is on the menu. Parents can sign their kids up for one day or the whole week.

A huge benefit to living in our nation's capital is the number of outstanding museums available to you. Ottawa's Bytown Museum has a redesigned Youth Activity Area where kids can learn more about Ottawa's early beginnings through historic toys and journal entries. There's also an interactive scavenger hunt through two floors of the museum, leading kids to find seven hidden stories to form a timeline of early Ottawa. As a final nod to this long, cold winter, check out the Canadian Museum of Nature's Arctic Food Fair offering bannock, Arctic berry tea and bison sliders. There's also a giant Arctic floor map that teaches regional geography and natural history.

The Canadian Museum of Nature in Ottawa. ISTOCK

March in Quebec is the start of sugaring-off season. If you can't make it out of the city, the Montréal Botanical Garden will be offering presentations on maple syrup as well as the chance to taste your own rolled maple taffy.

Edmontonians looking to spend some family outdoor time can take the short 40-minute drive to Elk Island National Park. The park is offering a three-hour guided snowshoe tour through its vast trails, giving you the chance to spy deer, bison and moose. Lunch is included.

If you prefer some indoor fun, Vancouver's popular Playdome at BC Place Stadium runs again this year from March 14 to March 22. With 45 rides and attractions, including a Ferris wheel and tilt-a-whirl, it is western Canada's largest indoor carnival. The daily Dome Pass will set you back $29.

Cruise

Disney casts spell on Cruise Critic editors

For the third year in a row, Disney Cruise Line has been named the "Best Overall" cruise ship by TripAdvisor's Cruise Critic Cruisers' Choice Awards.

While guests can expect an omnipresent Mickey on both subtle and extreme levels, Cruise Critic editors note that the ship doesn't forget their adult guests, with art deco that's at once elegant and refined and evocative of old-world luxury.

Innovative features and services include digital paintings that come to life, virtual portholes for inside cabins, onboard mystery expeditions, and an adults-only pool. **TEXT: AFP**
PHOTO: GETTY

Deal

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Save on select 2015 voyages to the Arctic with Quark Expeditions when you book before March 30. Routes include three different Greenland adventures, Baffin Island and the High North, and an Iceland circumnavigation, all embarking from Aug. 3 to Sept. 17. You'll find bigger savings on the premium cabins. Northern lights, here we come. Visit QuarkExpeditions.com.
TEXT: DOUG WALLACE/METRO
PHOTO: BILL FLETCHER

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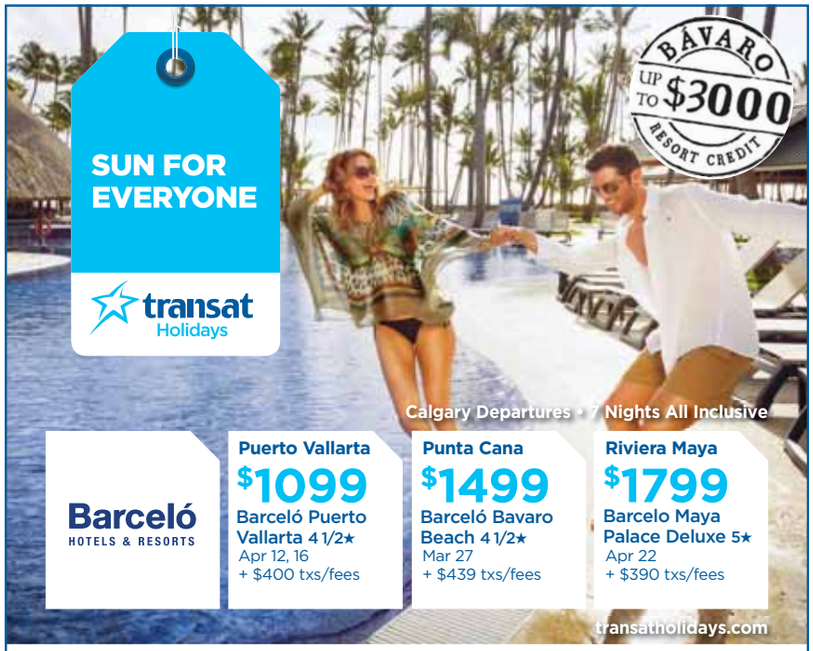
DOUG WALLACE/METRO



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Things to do in Berkeley when you're broke

California. The Golden State doesn't have to take all your gold — here are a few free options to enjoy

Tilden Park, set in the hills above Berkeley, is the jewel of Berkeley's green spaces. PHOTOS: THE ASSOCIATED PRESS

This famously liberal college town is known as the cradle of the Free Speech Movement, but speech isn't the only thing that's free here.

Whether you're strolling the redwood-shaded University of California, Berkeley, campus, or slipping across the Oakland border for a dose of Golden State history, you can exercise your limbs and your intellect without giving your wallet a workout. Here are a few suggestions to get you started on your gratis gallivanting.

Hike

Set in the hills above Berkeley, Tilden Park is the jewel of Berkeley's many green spaces. You can take one of the many hiking trails — Nimitz Way is popular with bikers, hikers and equestrians — or picnic in one of the meadows. If you have young ones in tow, a stop by the Little Farm is mandatory; take along some celery or lettuce to feed the placid animals.

If you do decide to spend a little cash, there are modest fees to enter the Lake Anza swimming beach, ride the vintage carousel or ride a miniature steam train. If you're looking for a straightforward walk, another option is Claremont Canyon, which offers a short climb to the ridge top with sweeping views of campus and San Francisco Bay. This is especially lovely at sunset, although be aware the last part of the trail is both steep and slippery.

Smell the roses and the puya raimondii

Oakland and Berkeley both have rose gardens tucked into residential areas. The Berkeley garden is a Works Progress Administration project and has a terraced amphitheatre and redwood pergola. The Oakland garden, officially the Morcom Rose Garden, is a relaxing oasis not far from bustling Grand Avenue with its eclectic mix of restaurants, coffee bars and stores. For major flower power, there's the UC Berkeley Botanical Garden, which has more than 13,000 plants from around the world, including the puya raimondii plant, known as the "Queen of the Andes," that's in the South American section. There's a $10 fee to visit most days, but the garden is free on the first Wednesday of each month.

Step into history

Jack London was born in San Francisco, but spent his boyhood on the Oakland waterfront, and you'll find him immortalized there by way of a bronze statue at Jack London Square, a retail and restaurant complex. There's also a replica of his log cabin next to Heinold's First and Last Chance Saloon where London studied as a schoolboy and later made notes for his books. Not far away you'll find the Oakland Museum of California which features exhibits on art, history and the natural sciences and charges no admission on the first Sunday of the month.

See the street scene

You haven't really visited Berkeley unless you've strolled Telegraph Avenue, a collection of bookstores, cafés and other stores lined by vendors selling various arts and crafts. Stop in at Amoeba Music to see the huge record collection and take in the mural at the corner of Haste Street and Telegraph commemorating the creation of People's Park, a UC-owned block of land taken over by student and community activists in 1969.

THE ASSOCIATED PRESS

Camp out on campus

The UC Berkeley campus is easily accessible. Here you can stroll along redwood-lined creeks or stretch out on the grass. Check out the landmark bell tower (Campanile). It costs $3 to take the elevator and stairs to the top, but you can enjoy the sound of the tower's 61 bells anywhere on campus. Music plays at various times with longer concerts on Sundays at 2 p.m.

Meatballs ditch their spaghetti sidekick

Dinner or Appetizers.
This dish stuffs the meat with ricotta and replaces pasta with polenta for a totally new twist on an old favourite

DINNER EXPRESS
Emily Richards
food@metronews.ca

This recipe I developed for the Dairy Farmers of Canada is a different way to serve up meatballs to your family and friends than the typical spaghetti and meatballs dish.

Whether you enjoy one meatball as an appetizer or a few for dinner with the creamy polenta, it is a unique experience.

The addition of ricotta inside the meatball is one of my favourite twists.

If you don't have fresh bread crumbs, soak stale bread in milk or water and break up into small pieces and add to meat mixture.

Cooked meatballs can be covered and refrigerated for up to two days, which will speed up your dinner time.

This recipe makes 16 large meatballs that work as 16 appetizer servings or 6 to 8 servings. EMILY RICHARDS

Directions

1. Ricotta Filling: In a bowl, stir together ricotta, bread crumbs, parsley and salt. Roll into 16 little balls; set aside.

2. Meatballs: In large bowl, mix together veal, pork, bread crumbs, egg, Parmesan, parsley, garlic and salt until well combined. Using wet hands, divide mixture into 16 balls. Flatten each ball and place a ricotta ball in centre; pinch meat around the ricotta ball and roll into a large meatball.

3. Place on parchment paper lined baking sheet. Bake in preheated 350 F (180 C) oven for about 15 minutes or until no longer pink inside, but not browned.

4. Pour half of the pasta sauce in a 13 x 9-inch (3 L) glass baking dish. Add meatballs to sauce and pour remaining sauce over top. Cover and bake for about 30 minutes or sauce is bubbly.

5. Creamy Polenta: Meanwhile, in a large saucepan, bring milk and water to a simmer over medium heat; gradually whisk in cornmeal and salt. Reduce heat to medium-low and cook, whisking often, for about 15 minutes or until polenta is very creamy and thick.

6. Stir Parmesan into polenta and divide among serving plates; place meatball on top and spoon sauce over top.

Ingredients

Ricotta Filling
- 1/2 cup (125 ml) ricotta cheese
- 1/2 cup (125 ml) fresh bread crumbs
- 1 tbsp (15 ml) chopped fresh parsley
- Pinch salt

Meatballs
- 12 oz (375 g) each ground veal and pork
- 3/4 cup (175 mL) fresh bread crumbs
- 1 egg
- 1/4 cup (50 ml) freshly grated Parmesan cheese
- 3 tbsp (45 ml) finely chopped fresh parsley
- 1 clove garlic, minced
- 1/4 tsp (1 ml) salt
- 3 cups (750 ml) homemade or store-bought pasta sauce, heated

Creamy Polenta
- 3 cups (750 ml) milk
- 1 cup (250 ml) water
- 1 cup (250 ml) cornmeal
- 1 tsp (5 ml) salt
- 1/2 cup (125 ml) freshly grated Parmesan cheese

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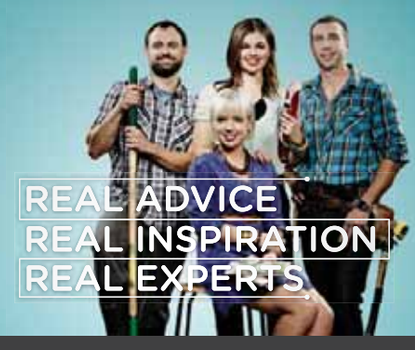

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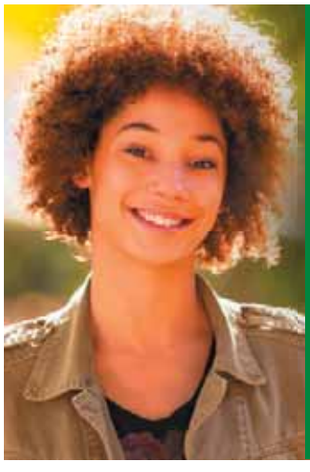

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It goes without saying that a selfie is not always the best option for your professional portrait. ISTOCK

Think of your LinkedIn photo as the headline of a news article — it's the first thing people will see, and it might be the only thing that they remember later. Like all first impressions in business, you want to put your best foot (or in this case, your best face) forward. Your profile picture should convey professionalism, trustworthiness, competence and likability. Here's how you can make sure your LinkedIn profile is picture perfect.

Solo shot
You are the star of your LinkedIn profile, and you should be the only one in your profile picture. Group shots and family portraits are not acceptable as having multiple people in your picture is confusing for viewers. It also makes you look unprofessional, and gives viewers the impression that you don't understand LinkedIn etiquette.

Choose a picture that includes everything from the shoulders up, with 50 to 60 per cent of the picture being occupied by your face. Full body shots, extreme close-ups, and cropped group shots are a no-no.

Crop It
When it comes to pictures on various social networks, you can't take a one-size-fits all approach. Make sure your image is optimized for LinkedIn specifically by cropping it to a square for best use across the website. Do a quick Internet search to find a reference tool for the correct image types and sizes for all social networks (including LinkedIn), so you can optimize your images to look great at any size. (sproutsocial.com is a great place to start)

Quality is key
Your LinkedIn picture is the face of your online professional brand, so a high-quality image is essential. Ideally, you should invest in a professional headshot. Professional photography will show you in your best light, and most photographers will be able to coach you into better posture and a good facial expression.

If professional pictures are not an option, recruit a friend with a good camera to help you out. Make sure to take lots of photos so you have options. A high resolution picture, even if it's not professional, beats a low-res webcam picture any day.

Dress for success
It's important to dress appropriately for the job or the industry you want. What would you wear to an interview at your desired company or to an industry event? Keeping in mind that the picture will only show your upper body, pay special attention to your neckline, collar, hair and makeup.

Pick jewelry and accessories carefully. While a statement necklace might look great in person, it might not translate well on camera. It's best to avoid busy patterns and very sparkly jewelry.

Choose a background that will let you stand out, preferably something that slightly contrasts your outfit. A neutral background (black, white or grey) is always a safe bet, but locations like an office, historical building, or an outdoor setting will work well, too.

Choose a picture that looks like you
This seems obvious, but there are a shocking number of profiles with decade-old pictures, or individuals who got a little too heavy-handed with Photoshop.

Make sure you pick a photo that actually looks like you, so recruiters or potential employers can recognize you when meet. When it comes to Photoshop, some retouching is acceptable, but save the magazine-worthy makeover for your other social networks. Update your picture frequently (every two to three years is sufficient), or if you make a major change to your appearance.

Get a second opinion

- When in doubt, ask a friend what they think of your picture. Ask what message it conveys about you, what they think of your facial expression, outfit, and if the quality is sufficient. If you want more objective feedback, try a tool like www.photofeeler.com, that lets users rate your photo based on metrics like competence, likability, influence, and trustworthiness.

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4 SPORTS

NBA

LeBron passes Pippen on all-tine assists list

Showing off his all-around game, LeBron James broke Scottie Pippen's NBA record for career assists by a forward when he found Kevin Love for an open three-pointer in the Cavaliers' 102-93 win over the Detroit Pistons on Tuesday night.

Pippen had held the top mark of 6,135 since taking it from John Havlicek in 2004.

James tied that with an alley-oop pass to Timofey Mozgov early in the second quarter.

THE ASSOCIATED PRESS

NHL

Loss to Stars muddies Jets' playoff picture

Adam Lowry used his own rebound to break a second-period tie as the Winnipeg Jets defeated the Dallas Stars 4-2 on Tuesday.

Bryan Little, Dustin Byfuglien and Michael Frolik, with an empty-netter, also scored for Winnipeg (31-20-11).

Erik Cole and Jason Demers supplied the offence for Dallas (27-25-9), which is winless in its past four games and slipping out of the playoff picture.

Michael Hutchinson made 26 saves for Winnipeg. He has points in his last six starts (4-0-2).

Jhonas Enroth stopped 21 shots for Dallas. He got the start after giving up six third-period goals in the Stars' 6-2 loss to Minnesota last Sunday.

THE ASSOCIATED PRESS

Flames goalie Karri Ramo stops a shot by Rangers right-winger Kevin Hayes on Tuesday night at Madison Square Garden. FRANK FRANKLIN II/THE ASSOCIATED PRESS

Flames' offence falters in New York

NHL. Nash understudy the difference as Calgary shut down by Rangers

Kevin Hayes replaced injured top scorer Rick Nash in position only when the New York Rangers took on the Calgary Flames.

Then he played the role quite well and netted the lone goal in his surging club's latest win.

Hayes broke a scoreless deadlock 3:00 into the third period, Cam Talbot made 21 saves, and the Rangers hung on to beat the Calgary Flames 1-0 on Tuesday night.

On Tuesday

Rangers	Flames
1	0

- **A little help from their rivals.** The Oilers' 2-1 win over the Wild on Tuesday night kept the Flames within a point of Minnesota, which holds the final Western Conference wild-card spot with 69 points.

Derick Brassard forced a turnover by defenceman Dennis Wideman in the Calgary zone and made a pass from the left circle to the right circle to Hayes, who snapped in his 12th goal.

It was Hayes' fifth goal in eight games. He didn't find out that Nash and his 38 goals — would be sidelined due to neck spasms until he got to Madison Square Garden.

"I didn't even know," he said after playing on a line with Brassard and Mats Zuccarello. "I'm nothing like Rick Nash, but I was lucky enough to get a goal out there and kind of produce."

Karri Ramo was sharp in making 28 saves for the Flames, who fell in their first game of a seven-game trip. Calgary killed both short-handed opportunities, and has gone a team-record 12 straight games without allowing a power-play goal.

Calgary, which will play at New Jersey on Wednesday night, is currently on the outside fringe of the Western Conference playoff race.

"The next game is as close to desperate as we have been all season," Flames captain Mark Giordano said. "It's pretty close to a must-win game for us."

"When teams are getting points every night, you can fall out of it. We've got to stop this. We did a lot of good things but we have to have that nothing-to-lose mentality and try to take more chances."

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Donaldson brings positivity to Blue Jays

MLB. Third baseman seen as a high-energy 'go-getter' by manager

Josh Donaldson remembers going into the Oakland locker-room after hitting his first big-league home run in 2010 as a rookie against the Blue Jays.

Nobody said anything to him about the homer — his first major-league hit.

Now Toronto's third baseman, Donaldson plans to celebrate his new teammates' successes. In a game where failing seven times out of 10 at the plate is considered very good, the 29-year-old all-star says there's plenty of room for positives.

"You win a game, a guy has a big hit, hey, I'm going to be the first one to come up and give you some love and make sure that you know we appreciate that," he said Tuesday, "and that we appreciate you and what you've done."

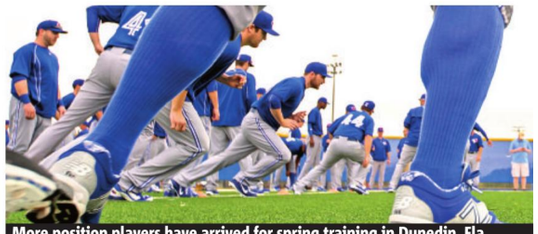
Quoted

"Baseball's a tough game and it can definitely make you crazy."

Josh Donaldson explaining why he tries to keep thigs positive

Donaldson, traded in November for third baseman Brett Lawrie, pitchers Sean Nolin and Kendall Graveman and minor-league shortstop Franklin Barreto, is more than a rah-rah guy.

He seems comfortable in his own skin and aware that if those around him succeed, he prospers, too. THE CANADIAN PRESS



More position players have arrived for spring training in Dunedin, Fla.
RICK MADONIK/TORSTAR NEWS SERVICE

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Qatar 2022

Winter World Cup nearly set

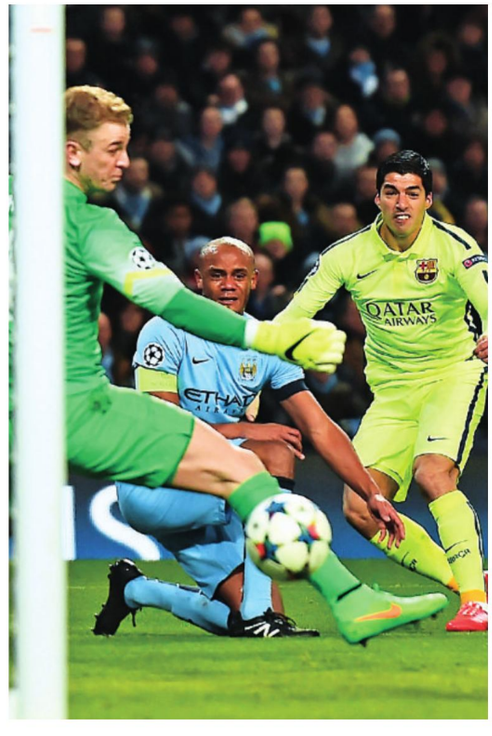
Long seen as inevitable, a 2022 World Cup in November and December is now practically a done deal.

A FIFA task force on Tuesday recommended playing in Qatar at the end of the year in 2022 to avoid the summer heat. Temperatures in the Gulf emirate routinely top 40 C when the World Cup traditionally kicks off in June.
THE ASSOCIATED PRESS

MLB

"I haven't changed at all."

Right fielder Giancarlo Stanton who signed a record $325-million, 13-year contract with the Miami Marlins in November. Despite missing the final 17 games, he led the National League with 37 home runs and he's only 25. He arrived at spring training in Jupiter, Fla., in the same old Maserati he drove last year. It didn't even sport a vanity plate.



Suarez magic returns at City

Uruguyan striker Luis Suarez scores his second in Barcelona's 2-1 win over Manchester City on Tuesday. Suarez is gradually regaining his form, including in this first leg match in the last-16 round of the UEFA Champions League in Manchester, England. LAURENCE GRIFFITHS/GETTY IMAGES

2015 Acura TLX

- **Type.** Four-door, 5-passenger midsize sedan
- **Engines.** 2.4-litre I4 (206); 3.5-litre V6 (290)
- **Transmissions.** 8-speed automatic (I4); 9-speed automatic (V6)
- **Price.** Base $34,990; as-tested $38,690 (plus destination)

Market position

Acura was the first higher-end spinoff by a Japanese company when it debuted in 1986 as a subsidiary of Honda. The TLX bridges the gap between the entry-level ILX and larger RLX.

Points

• The available Tech trim includes forward collision warning, heated rear seats and steering wheel, lane keeping assist, and navigation, among other features.

An all-wheel steering system on FWD models subtly angles the rear wheels on turns for more precise handling.

Interesting features

Standard LED headlamps, sunroof, active noise control, and multi-angle rearview camera; available rain-sensing wipers, road departure mitigation, cross-traffic alert, forward collision warning, and heated steering wheel.

Sedan could use some sparkle

Review. Acura shelves prior sedans to release all new 2015 TLX

JIL MCINTOSH
drive@metronews.ca

PHOTOS: JIL MCINTOSH

After more than a decade of offering both the TL and TSX sedans, Acura has split the difference, retired them both, and introduced the new-for-2015 TLX. It's a relatively low-priced entry into the sports sedan category, but it's not going to slay any of the giants that currently control the segment.

It's available with a V6 engine that can be further optioned with Acura's all-wheel system, which the company calls Super-Handling All-Wheel Drive, or SH-AWD. The name is accurate: able to proportion torque between the rear wheels, it does a great job of sticking to the road.

My tester came with the base 2.4-litre four-cylinder engine, mated to an eight-speed dual-clutch automatic transmission. It's a lively little unit, but it's front-wheel drive (as is the V6 if you don't order AWD) in a segment where most of its competition powers the rear wheels. It also needs a little more steering weight and road feel to be truly sporty.

Four settings let you select Econ, Normal, or two Sport Modes, which adjust the engine and transmission response. I usually kept it in Sport, since the economy mode really dragged down the performance, but it defaulted to that Econ mode every time I started the car. It would be nice if it could "remember" my last setting.

The cabin materials are all top-notch, and I like the dual centre console screens. While the top one displayed the navigation included in my car's Tech Package, the bottom one let me adjust the stereo and other features, without having to switch between the two. But some of the functions are distracting, such as a heated seat control that requires you to page through two computer screens just to change the temperature.

The exterior styling carries Acura's signature cues, and the handsome headlights contain LEDs, but the overall middle-of-the-road design is easily lost in a crowd. The Acura TLX is an okay car for the price, but if it's going to make waves in the sports sedan segment, it needs a shot of excitement.

Compare

1 Audi A4
Base price: $38,750
Like the TLX, it comes with front- or all-wheel drive, but features a 220-horsepower turbocharged engine.

2 Infiniti Q50
Base price: $37,500
The regular Q50 uses a V6 and is rear-drive or AWD; a hybrid is also available.

3 Cadillac ATS
Base price: $36,110
Choose from three engines, including a four-cylinder, V6, and turbocharged 2.0-litre making 272 hp.

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Shift: From hybrids, technology, new vehicles and the environment, to saving money at the pumps

Plug-in Volvo tall wagon takes "a leading position"

Releasing full details of the high-tech T8 powertrain that will power the plug-in version of its XC90 tall wagon, Swedish automaker Volvo says it made no compromises to deliver the performance of a luxury vehicle, but with emission levels that even small hybrid cars will struggle to match. "The XC90 T8 is a plug-in electric car, hybrid car and high-performance car rolled into one," said Peter Mertens, senior vice-president for research and development. "The T8 takes it further into a leading position." The XC90 T8 combines an electric motor with Volvo's supercharged and turbocharged Drive-E four-cylinder engine; it can run in electric-only mode for zero-emissions driving, or with the gasoline engine for increased power.

STORIES AND PHOTOS FROM WHEELBASEMEDIA.COM

The XC90 can be all things to all people, depending on the mood they happen to be in. There's an all-electric mode or a full-on 400 horsepower with the help of a supercharged and turbocharged four-cylinder engine.

Second-gen Volt goes miles beyond first

With about a third more range in all-electric mode, the second-generation Chevrolet Volt plug-in hybrid is miles ahead of the original extended-range sedan. The new Volt gets an all-new drivetrain, quicker off-the-line acceleration, more sedan-like styling and a quieter interior. With not a single piece of the drivetrain carried over from the original Volt sedan, the new drive unit is about 45 kilograms lighter and will deliver 19 per cent better acceleration, now with two electric motors delivering power to the front wheels. Chevrolet achieved the improvements in part by making the battery cells larger and increasing their storage capacity by 20 per cent, while reducing the number of cells to 192 from the original Volt's 288.

Range, battery capacity and the looks of the second-generation Volt have all been improved.

Shift points

- Cheaper gasoline prices might influence consumers to buy gas guzzlers, but that would be a mistake, says U.S. President Barak Obama. Cautioning in an interview with the The Detroit News that cheap gas won't last, he encouraged Americans to buy fuel-efficient vehicles.
- BMW has unveiled its new, heavily restyled 1 Series hatchback, to be powered by the German automaker's new three- and four-cylinder gasoline and diesel-powered engines.
- General Motors is cutting back production of its Chevrolet Sonic and Buick Verano small cars. Its Orion Assembly Plant in Detroit, Mich., will be idled for two weeks in February and April to adjust supply to market demand.

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Fight winter gloom with water pressure

Autopilot. If your car looks as grimy as The Walking Dead, get to the nearest car wash

AUTO PILOT
Mike Goetz
drive@metronews.ca

Winter gloom is a cumulative thing, like being pecked to death by ducks, but special ducks, who wear little tuques and appropriate winter footwear.

If you're a motorist, some of those pecks come from how hard it is to keep your vehicle clean during winter. I'm not talking about concours d'elegance levels of clean. I'm talking levels of clean that just make it acceptable to touch the outside of your vehicle without immediately going for the hand sanitizer, or glove sanitizer, if they made such a thing.

Quoted

Yes, it might be a losing battle. Who knows how long your vehicle will stay clean in February driving? Only hours, probably. But we'll live with that.

Last week our Honda Fit looked liked it had been dragged through an episode of The Walking Dead — the post-apocalyptic ice-age edition — with salt and road grime clinging to every body panel.

Snow and ice in 50 or so shades of grey caked in the wheel wells. Floor mats so soaked with filthy winter juice I had the inclination to hover my feet over them while I worked the pedals.

But during the middle of that week, when I was driving on the other side of town, the sun came out. It was still cold enough to do bad things to a brass monkey, but the sunlight changed everything.

I headed to the first automatic car wash emporium I could find, and got a piece of paper with a numerical wash code, which I knew would be my ticket to a better winter frame of mind.

My enthusiasm was a bit tempered, at first at least, because so many others had the same inspiration, and I was about seventh in line for the wash, but then I sensed the power of the collective movement and bonded with my winter wash comrades.

Yes, it might be a losing battle. Who knows how long your vehicle will stay clean in February driving? Only hours, probably. But we'll live with that. A vehicle coming through the wash tunnel, all shiny and glinting in the sun, is a fleeting, good thing. And not a bad way to give Old Man Winter a swift kick in the shin.

Begone, filth! Cleaning your car is a good way to give Old Man Winter a swift kick in the shin. ISTOCK

Winter Car Washing Safety Tips

• Stick to no-touch or soft-cloth automatic washes, for the convenience, for the better job they do on vehicle undersides, and because ice can form on "by hand" wash mitts and brushes and subsequently scratch body surfaces.

• To prevent frozen doors and locks after a wash in super frigid temperatures, apply lock de-icer and use terry cloths to wipe down door jams and posts.

• Wipe wipers down to remove grit and salt, to keep them flexible enough to work properly, and so they don't freeze in position.

• Make sure salt and moisture are clear of rust "entry points," such as paint nicks, gaps, seams, and where parts are bolted onto the body.

• Don't drive yourself winter clean crazy. Save your energy for the major spring cleanup, when your efforts will have some staying power, and give you more satisfaction.

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Should the Big Three be worried about an iCar?

Technology. As the auto world becomes increasingly digitized, companies like Apple are poised to invest

Is the future of the car industry in Silicon Valley? After Tesla and Google, Apple appears to be readying for a plunge into the industry long rooted far away in the steel belt of the U.S. Midwest.

According to various media reports, the maker of iPhones and iPads has created a special unit dubbed Titan with hundreds of staff to begin developing an electric car, with 2020 the target date. Apple remains silent on the project, but the reports were partially backed up by a lawsuit filed against the tech giant. Battery maker 123 Systems has accused Apple of aggressively poaching its staff. But it puts Apple in line with Tesla, the current champion of the electric car, and Google, the online giant which is focused on the self-driving, also-electric Google Car.

The Big Three automakers — General Motors, Ford and Chrysler (now a part of Fiat Chrysler Automobiles, FCA) — are taking the threat from the Detroit outsiders seriously.

"Given the company's (Apple's) tremendous capabilities, that is no surprise to anyone," GM spokesman Dan Flores said. At Chrysler, spokesman Eric Maynes said: "We can't comment on something we haven't seen." Ford had no comment on Apple's plans, either, but the No. 2 automaker recently opened a research centre in Palo Alto, in the heart of Silicon Valley, as it looks to the future of self-driving automobiles.

Bill Visnic, an analyst at industry specialist Edmunds.com, said that given the seven-year average time frame to develop and bring a car to the mass market, the Detroit giants are not under serious pressure yet.

Even with the unexpected success of Tesla, the company still sold fewer than 35,000 cars last year in an national market of more than 16 million units. "Apple is not an immediate threat to the U.S. auto industry. I don't think you'll see the volume there, the number of cars won't really begin to approach anything like Detroit is making right now at any time soon," said Visnic. **AFP**

Apple CarPlay CONTRIBUTED

Money to spend

- **Apple has the cash to put into a new car — some $180 billion in capital built up to invest in new projects.**
- But "the automotive space is so highly competitive today, and margins in new car sales are extraordinarily thin, which is something Apple is not used to," says Alec Gutierrez, a market analyst at Kelley Blue Book.

Fuel-cell automobile launched by Toyota

Green. Toyota first automaker to mass market hydrogen-powered car

An employee of Toyota Motors works on the FCV Mirai during the vehicle's line off ceremony.
TOSHIFUMI KITAMURA/AFP

Toyota President Akio Toyoda on Tuesday unveiled the assembly line that is making the first mass market fuel-cell car.

The world's biggest carmaker plans to produce 700 units of the four-door Mirai sedan — powered by hydrogen and emitting nothing but water vapour from its tailpipe — by the end of December.

Production of the car whose name means "future" in Japanese is scheduled to expand to 2,000 units in 2016 and 3,000 units in 2017.

The Mirai, which is being made at the firm's Motomachi Plant in Aichi, central Japan, can travel about 650 kilometres (400 miles) without refuelling, some three times further than an electric car, and its tank can be filled in a few minutes like gasoline engine vehicles.

"We are thrilled to think that before everyone else, we are taking a historic step toward the establishment of a hydrogen society in Japan," Toyoda told reporters last month when he delivered a Mirai to the prime minister's office. **AFP**

Japanese companies lead green car sector

Fuel-cell technology is seen as the Holy Grail of green cars as they are powered by a chemical reaction of hydrogen and oxygen, and produce nothing more harmful than water.

- Japanese automakers, including Toyota's rivals Honda and Nissan, have been leaders in the green car sector.
- The country's seven major manufacturers reportedly plan to spend a record $24 billion to research the sector this year.

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You must expect changes today, and if you are smart you will change yourself. The most vital change you can make is in your attitude towards others.

♉ Taurus
April 21 - May 21
Ignore those you don't get along with today and spend your time with people whose beliefs are in tune with yours.

♊ Gemini
May 22 - June 21
Something you've worried about for ages is not important and what happens today will convince you of that.

♋ Cancer
June 22 - July 23
You want to be on the move. You want to get away from your usual environment and do something different. But don't make it anything too energetic. If you can't do it sitting down, it's most likely not for you.

♌ Leo
July 24 - Aug. 23
A friend or family member will bend over backwards to help you today and if you are smart you will let them, even though you don't want to be in their debt. If you need financial assistance now is the time to ask.

♍ Virgo
Aug. 24 - Sept. 23
This is a good time for partnerships and affairs of the heart, so forget about all the things that went wrong in the past and think of all the things that will go right in the future.

♎ Libra
Sept. 24 - Oct. 23
Forget about duties and do what makes you happy. You are not in the mood for work and if you try to force yourself to do things that don't inspire you the end result will be frustration.

♏ Scorpio
Oct. 24 - Nov. 22
If you are not feeling on top of the world don't worry about it because it won't be long before your mood moves rapidly in the other direction.

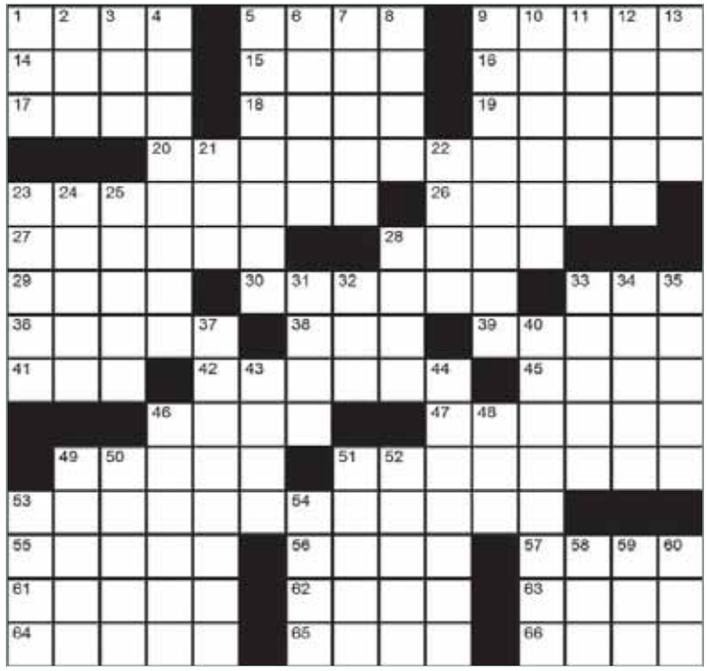
♐ Sagittarius
Nov. 23 - Dec. 21
If you need to persuade someone to see things your way or to do you a favour this is the time to make your play.

♑ Capricorn
Dec. 22 - Jan. 20
If you need to say something that might upset people, say it now rather than later. The Sun in the communications area of your chart will help you find the words to convey your meaning.

♒ Aquarius
Jan. 21 - Feb. 19
Don't let money worries stop you from enjoying yourself. There are times when you must watch what you spend and times when you should splash out. This is one of the latter.

♓ Pisces
Feb. 20 - March 20
Something you've worried about will worry you no longer come the end of the week. Cosmic activity in and around your birth sign means your outlook is changing.

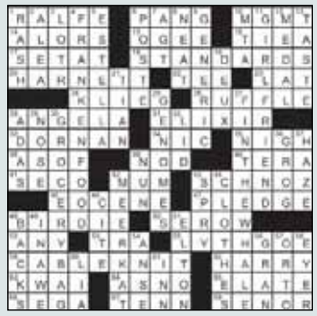
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Brush alternative
5. Zippo
9. Scandinavian language, in Oslo's country
14. Iridescent gem
15. Aesir ruler
16. Calgary-born singer Melissa
17. Mr. Preminger
18. Western prov.
19. Story, in a house, in French
20. Town in #18-Across, a religious crossing?: 2 wds.
23. Period of History Channel's "Vikings": 2 wds.
26. R. Lee __, "Full Metal Jacket" (1987) actor
27. The Night of the __, Tennessee Williams play
28. Stubbing _ __ (Ottoman-bumping result)
29. Recounted
30. King on the show at #12-Down
33. 2002 Jennifer Lopez remix album: 'J to __ L-O!'
36. Mr. Bratton of "The Office"
38. Sleuth, shortly
39. Plastic wrap
41. Possessed
42. Actor Mr. Garfield
45. Wrongdoing, in law
46. So longs
47. "That's good enough.": 2 wds.
49. Analyze/break down
51. Canadian actress Ms. Gilsig (More at #12-Down!)
53. As per #30-Across... Female warrior like the character Lagertha
55. "__ la vista, baby." - The Terminator
56. Reverse
57. Wild-no-more
61. Synthetic fibre
62. Appear to be
63. Ottawa Senators defenceman Chris Phillips, pronounced KRIHS FIHL-__
64. Alter text
65. Gibraltar, et al.
66. Droops

Down
1. Dove's sound effect
2. Choose
3. Doorway carpet
4. Passage-hindering war tactic
5. Coffee-orderer's request: 2 wds.
6. On _ __ (How pranks might begin)
7. CDs parts, variantly
8. Cross of ancient Egypt
9. Free from typos, for instance: 2 wds.
10. Prompt: 2 wds.
11. The Cloister and the Hearth novelist Charles
12. #51-Across' role on History Channel's "Vikings"
13. Twittering Machine artist, Paul __ (b.1879 - d.1940)
21. Lucas' Solo
22. Alpha, __, gamma...
23. Trench
24. Prefix to 'phobia'
25. Reigned
28. 'A' of AM
31. Tots up
32. Eur. country
33. Creature of Scandinavian folklore
34. Robust
35. 19th-century composer Mr. Bruckner
37. Alberta town southeast of Edmonton
40. Plato's lost island
43. Require
44. Wisenesses
46. Crackers brand
48. Literary monogram
49. Shoppers Drug Mart, e.g.
50. Theatre lane
51. Wayne Gretzky's wife
52. Downy duck
53. Sock's coverer, often
54. Make messy
58. '80s band from Norway
59. Car advertisement fig.
60. Curved letter

Yesterday's Crossword

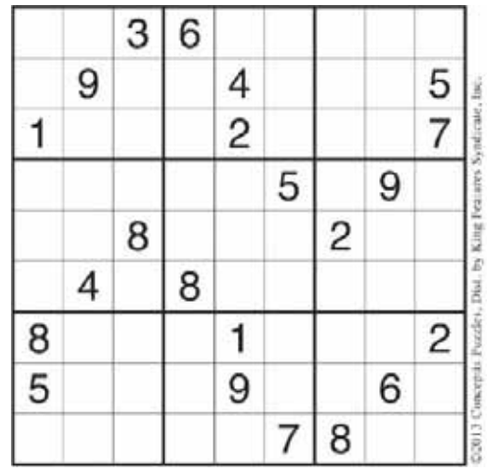


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

5	4	3	2	9	1	6	8	7
1	7	8	4	6	3	2	5	9
2	9	6	5	8	7	4	3	1
4	6	9	8	1	5	3	7	2
8	1	7	3	2	6	9	4	5
3	5	2	7	4	9	1	6	8
9	8	1	6	5	4	7	2	3
7	2	4	9	3	8	5	1	6
6	3	5	1	7	2	8	9	4

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CASH PRICE: $23,845

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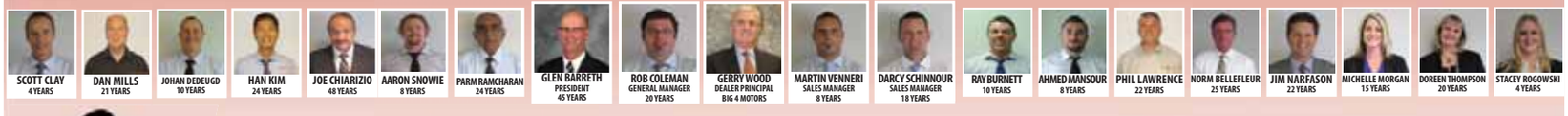

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